

# ROCK, SHOOT & SWIM CAMP



*\*Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information. Call 410-313-7275 or click on the blue course and section numbers below to register online for this camp or check if there are any openings.*

## Camp Description:

**12-14 yrs / 4 days starting June 29 / \$219**

Challenges abound for beginner and intermediate climbers and archers! Campers develop and practice new lifetime skills including climbing techniques and equipment use, archery range safety, proper archery form, self-analysis and much more! Climb indoors and outdoors and enjoy swimming in the Roger Carter pool on three afternoons. Bring a non-perishable lunch (no nut products) and beverage each day. Schedule is subject to change; camp will be held rain or shine. No experience necessary. Fee includes bus or van transportation, equipment, supervision and activities. For more information, call Dawn Thomas, 410-313-4623.

## Centennial Pk South-Overflow Parking Lot

**RP9732.401**

**9 AM-5 PM M-Th**

*Click the RP number above for online registration!*

## What to Bring:

Eat a quality breakfast each morning. Bring a small daypack with a full reusable water bottle and a non-perishable lunch and drink. **(Please do not bring any food items that contain any peanut or nut products (other children may be allergic)).** Climbing takes a lot of energy, so you may want to bring some snack food. **No cell phones or electronics allowed in camp due to the nature of the activities.** The Camp director will have a camp cell phone available for all emergencies.

The recommended attire for the camp is a T-shirt, shorts, socks and shoes. Bring a swimsuit and towel each day. Make sure clothing is loose enough to allow lots of movement. Please bring the following items each day in a daypack or small duffle bag:

- Full reusable water bottle
- Non-perishable lunch and drink (no peanut or nut products)
- Hat
- Swimsuit & Towel
- Sunscreen (Must fill out release on Participant Information Form)

Shoes for climbing should fit snugly and be flat-sided (as little tread as possible) with rubber soles. Court shoes and skate shoes, as long as they fit snugly, are usually good.

## Important Forms:

- **Participant Information Form** [←click to access form online](#)  
You **MUST** bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the

Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.

- **[Medication Authorization Order Form](#)** **←click to access form online**  
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

#### **Directions:**

**Centennial Park South, Overflow Parking Lot** – 10000 Rte 108, Columbia, MD 21042  
Take Route 29 to Route 108 West. Follow Route 108 past the entrances to Centennial Park East to the stoplight across from Ten Mills Road. Turn right into the park. Once in the park, make the first left into the overflow parking lot.

#### **Inclement Weather:**

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

#### **Tentative Camp Schedule:**

*Please note: this schedule is subject to change!*

**Monday:** Orientation / Team Building / Archery Basics / Rock Climbing at the Roger Carter Community Center  
**Tuesday:** Archery at Centennial Park / Rock Climbing at RCCC / Swimming at RCCC Pool  
**Wednesday:** Archery at Centennial Park / Rock Climbing at RCCC / Swimming at RCCC Pool  
**Thursday:** Outdoor Rock Climbing at Sugarloaf Mountain

#### **For More Information:**

**Dawn Thomas**  
Adventure, Nature & Outdoors Manager  
410-313-4623  
[dthomas@howardcountymd.gov](mailto:dthomas@howardcountymd.gov)

**Matt Medicus**  
Adventure, Nature & Outdoors Supervisor  
410-313-4719  
[mmedicus@howardcountymd.gov](mailto:mmedicus@howardcountymd.gov)